

Writing Your Own Story: Timeline



It's hard to know where to start with your own story without knowing what moments in your life stand out the most to you and have been the most pivotal. Thinking about the overarching themes in your life can give you a clearer lens to see which story arcs really stand out. **My invitation to you is for you to design a timeline of your life.**

Now, this does NOT need to be a typical timeline, starting at birth, and ending at present. Time can be a tricky thing when thinking personally about your own story. Some moments might seem to take years, while other years may get lost in the shuffle when thinking about your story as a whole. **When you design your timeline, I want you to be completely subjective.** Your timeline doesn't necessarily need to be in a straight line. It doesn't even need to be in chronological order, depending on how you feel about the placement of these events in your life story. I encourage you to get creative, draw all over your piece of paper, and really run with it.

Here are some suggestions to help you get started (Note: these are suggestions, NOT directions, that you can tailor to your personal style).

- 1) Brainstorm: List moments/events in your life that have stood out to you the most, and then narrow that list down to 8-10 moments/events.
- 2) For each moment/event, take 1-2 minutes each and freewrite about it. For freewriting, for the time allotted, challenge yourself to have your pen only leave the paper to write the next word. Don't judge yourself on what you write. Just think about the moment/event, and try to lose yourself in it.
- 3) Plot those events/moments out on your timeline. Here's where you can really get creative! You can color-code, decorate, have your timeline zigzag across the page; it's up to you.
- 4) Surrounding each event, write a couple of words that sum up those events to you.
- 5) Bonus: Take a picture of the timeline and email it back to me - and if you want to take a picture of the notes, feel free to email that to me as well!

This will provide a jumping-off point to really dig into the stories that have influenced you the most throughout your life thus far. Remember that there is NO wrong way to do this. I can't wait to see what comes up!

Julie